

SHOSHONE SCHOOLS NUTRITION AND WELLNESS GUIDELINES

Mission: To encourage students to adopt a life-long healthy life style through education and modeling good eating and exercise habits.

Goal: Adopt policies and curriculums that teach students good eating and exercising habits by offering choices in food and beverages on campus that meet dietary guidelines set forth by State and Federal agencies.

Shoshone Schools will continue to support Federal USDA guidelines for lunches and breakfasts. This includes: guidelines for reimbursable lunches and breakfasts, nutrition guidelines, breakfast programs, and nutritional snacks and beverages offered for elementary snacks, snacks for testing days and other programs deemed necessary for nutrition and good academic performance.

Shoshone Schools will continue to offer adequate time for eating, a good environment that is clean and conducive to eating and socializing, and all lunch and breakfast programs will be available to all students.

Shoshone Schools will continue to work with vendors to provide choices and selection for healthy food and beverages in their machines. All vendors will be asked to work with Shoshone in reaching these goals. In addition, Shoshone Schools has added a milk vending machine, and has adopted a stance that any additional vending machines will only contain those snacks and beverages that meet guidelines for healthy and nutritional items. (see attached lists)

In meeting these nutritional goals, Shoshone Schools will encourage and adopt curriculums in grades K-12 that instruct and promote good nutrition and eating habits. Elementary grades will introduce nutritional elements in each grade level and will be supported by the staff in the lunch room. Secondary students will receive instruction in their health classes, science classes, family and consumer science classes and PE.

Shoshone Schools will continue to support fitness by offering regular PE programs K-12. In addition to regular PE, students on the secondary level are offered a variety of extra-curricular programs, and participation will continue to be encouraged for all.

Addition fitness programs will be discussed and offered as programs continue to evolve. Example of this may be a walking programs and life-time activities for all ages. (walking to school, walking N-miles each week, hiking, riding bikes etc.)

Shoshone food personnel will all receive training in Wellness and Fitness Issues and will aid classroom teachers in providing their expertise in instruction and awareness in promoting nutrition and fitness.

In addition, food personnel will provide information in a variety of ways to encourage not only students, but staff as well, to follow good nutritional and fitness habits and model those behaviors in their classrooms and activities.

Shoshone food personnel will convene with a committee each year to review and revise the Nutritional and Wellness policy. This committee should be made up of parents/patrons, students, school board, staff, and administration and/or those people deemed to be involved with school nutrition and fitness.